

Making a Difference
body ♦ mind ♦ spirit
2-mile & 5-mile run/walk

Inaugural event sponsored by Our Lady of Mount Carmel School



EARLY PACKET PICK-UP:
Thursday November 12th and
Friday November 13th
9:30am - 6:30pm

The Runners Source
Hilton Village
10355-A Warwick Boulevard
Newport News, VA
www.therunnerssource.com

Time: 7:00 am Registration Begins
8:30 am 5-mile run Start
8:40 am 2-mile walk/run Start
Post-Race Party/Awards/Door Prizes

Location: Mariners' Museum Main Entrance
(I-64 exit 258-A. Continue straight 2.5 miles.
Cross Warwick Blvd. and take first left onto Museum Dr.)

Course: 2-mile and 5-mile options traverse the scenic areas
of the Mariners' Museum Parkway, the majestic
Lion's Bridge at the James River and the
beautiful Riverside neighborhood

Entry Fee: \$10.00 14 & under postmarked by 10/31
\$15.00 14 & under after 10/31 and Race Day
\$20.00 15 & over postmarked by 10/31
\$25.00 15 & over after 10/31 and Race Day
\$15.00 Teams of 10 or more - per person
(mailed together and postmarked by 10/31)

PTC Race Passes Accepted

Awards: 2-Mile Walk: Top 5 Male/Female
2-Mile Run: Top 5 Male/Female
5-Mile Run: Male/Female Top 3 Overall & Age Groups:
U10,11-14,15-19,20-29,30-39,40-49,50-59,60-69,70+

Checks payable to OLMC School / Please detach and mail to:
OLMC School, 52 Harpersville Road, Newport News, VA 23601

Register
Online



First Name: _____ Last Name: _____ Age on Race Day: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Email: _____ PTC Member: Y N

Course: 2-Mile Walk 2-Mile Run 5-Mile Run **T-Shirt Size:** Youth M L XL Adult S M L XL XXL

Gender: M F T-shirts and goodie bags guaranteed to pre-registrants. Race day, while supplies last.

Please read the reverse side of this form and sign below.

I have read the acknowledgement and assumption of risk and waiver of liability in its entirety and I freely volunteer execute the same.

Signature of Athlete

Date

Signature of Parent/Guardian if under 18

About Our Lady of Mount Carmel School

Our Lady of Mount Carmel School unites with family and community to provide a Christ-centered and educationally stimulating environment, where students recognize their God-given gifts and achieve their highest potential. OLMC School was founded in 1954 under the direction of the Dominican Sisters of Nashville, Tennessee. From our humble beginnings as a three classroom school, OLMC has flourished to serving over 500 students from pre-kindergarten through the eighth grade.

OLMC's comprehensive academic program includes religion, language arts, science, social studies and mathematics with weekly enrichment in computer technology, music, art, foreign languages, physical education and community service. OLMC is fully accredited by the Southern Association of Colleges and Schools (SACS) and the Council on Accreditation and School Improvement (CASI). OLMC is a member of the Peninsula Independent Athletic League (PIAL) and competes against other local private schools in various sports. The OLMC athletic department aims to develop competitive athletes while maintaining the values of sportsmanship, good health and academic success.

Sponsorship Opportunities Available please contact:

Michele Smith
757-596-2754 x115
development.olmcschool@cavtel.net

Race Information please contact:

Pam Garrett
757-285-6645
snoopypamg@yahoo.com



Finish line results and race support provided by the Peninsula Track Club

**All proceeds benefit the students of Our Lady of Mount Carmel School
to promote health and well-being...body, mind and spirit**

Acknowledgement and assumption of risk and waiver of liability

I know that running or walking in a road race is a potentially hazardous activity. I should not enter or participate unless I am medically able and properly trained. I also know that, although police protection will be provided, there will be traffic on the course route. I assume any and all other risks associated with running this event including but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, and condition of the roads - all risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry fee, I hereby for myself, my heir executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and to waive, release, and discharge Our Lady of Mount Carmel School, The Mariner's Museum, the City of Newport News, the Peninsula Track Club, the Road Runners Club of America, Race Officials, Volunteers, and any and all sponsors- including their agents, employees, assigns, or anyone acting on their behalf, from any and all claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of or in the course of my participation in this event. The Release and Waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. I grant full permission to Our Lady of Mount Carmel School and its agents authorized by them to use my photographs, videotapes, motion pictures, recordings or any other record of this event for legitimate purposes.